

For Better Health, Merge Movement with your Regular Routine!



Multitasking is on the outs these days, with research showing that our brains function best when we focus on one thing at a time. But physical multitasking is another story. If you can't find the time for regular exercise, you may be thinking solely of isolated, discrete, time-consuming workouts. In truth, all movement matters, and a great way to do more of it—and gain the benefits—is to incorporate physical activity into your regular routines. In a study in England, for instance, commuting to work by foot or bicycle was linked to a lower incidence of heart attacks. Other research has shown that active commuting is linked to a lower risk of heart disease, cancer, and early death. Take a look at your daily and weekly routines, commutes, and errands, and think about how you can infuse them with physical activity. Can you walk or bike to work, at least some days or for part of the commute? Can you park farther from your workplace than usual to get some steps in? Walking or biking to the grocery store is another great option; take a backpack, a rolling cart, or bike packs for your loot. Going out for dinner? Try to find a destination within walking distance. And if you're deciding between the stairs or elevator...well, you know the answer!

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